



Talkin' Back



ARMY RESERVE TEEN PANEL NEWSLETTER

SUMMER 2015

Army Reserve Teen Panel

Panel Member Updates

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When panel members accept their position on the Army Reserve Teen Panel, they become statutory volunteers. With that, they are required to meet a minimum number of hours of service to their Command and community each month. The Army Reserve Teen Panel members have had a busy FY 15! So far, Panel members have supported Command Yellow Ribbons, Family Days and other events as well as participating in their extracurricular activities. Here are a few quotes from the teens about their experiences:

"I have recently participated in Family Days at our unit and volunteered by donating clothes and utility items to orphanages with Key Club." – Darrius A. (4th ESC)

"My Thespian Troupe and I were so close last year, so this year we are pushing ourselves even harder to get the highest score and get the opportunity to perform in front of thousands of Oregon Thespians." – Lauren A. (USACAPOC(A))

"I attended the 335th Military Ball where I received the Bright Star Achievement Award and the 335th Family Programs Star Volunteer Award. Recently, the Teen Council members and I briefed the General's wife, the CSM's wife, and all of the members of the 335th Family Programs section." – Je M. (335th SC)

"I volunteer with the Red Cross Youth Corps and we recently had our Clara's Kit Day. The Red Cross Youth teach elementary students about home safety and earthquake awareness. The day was full of fun educational games, puppet shows, and earthquake drills and we gave earthquake/emergency kits to each student." –Alexandra L. (Legal Command)

"I have been volunteering with the VA hospital once or twice a week to help out in the nuclear medicine department. I also plan to apply to the Teen Board for the Children's Hospital which helps set up fundraisers for the medical center for the children." –Jade T. (Retired Reserve)

"I am a member of the 84th TNG CMD Teen Council and I have volunteered at two family days where I run art stations for the younger children. I am also helping to create a newsletter for the teen council to distribute throughout the Ft Knox community." –Taeisha W. (84th TNG CMD)

For more updates on how all of the Panel members are volunteering, visit the ARTP Social media pages. Additionally, if you would like for your Command's ARTP representative to volunteer at a Command event, contact one of the adult advisors.

Summer Safety Tips

As we all know, summer is a time to relax, have fun and enjoy the summer sun. But it is also important to be aware of the dangers that surround you. Here are some safety tips to help you make the most of your summer while staying safe. Have a great summer!

Water Safety

- Only swim in designated areas that are supervised by a lifeguard
- Always swim with a buddy and make sure you know where they are at all times
- Swim based on your ability - do not rely on life saving devices such as life jackets, pool noodles, etc.
- If it looks unsafe, it probably is. Be aware of your surroundings and always take into account that there may be hazards under the water as well. Look before you leap!
- When swimming in the ocean, always be aware of rip currents. If caught in a rip current, do not fight it. Swim parallel to the rip current until you escape it and then swim back to shore.
- When boating, be sure to wear proper life saving devices such as life jackets

Fun in the Sun

- Stay in the shade when possible and limit sun exposure between the peak hours of 10am and 4pm
- Wear a hat and sunglasses that protect against both UVA and UVB rays
- Always use a sunscreen with an SPF of 15 or greater
- Reapply sunscreen every two hours or after swimming or sweating
- Know when you've been in the sun too long. If you start to feel signs of nausea, dizziness, lightheadedness and exhaustion you may be exhibiting signs of heat stress and need to move to a cooler environment

Don't Bug Out

- Use an effective insect repellent
- Prevent ticks and bug bites by wearing light, long sleeve shirts and pants
- Always check yourself for ticks after spending time outdoors

Road Trip Recommendation

- Always wear a seat belt
- Inspect your vehicle and make sure it is in good condition before setting out on your adventure
- Always plan ahead, make sure you have a designated sober driver
- Avoid distractions: do not use your phone while driving. Eating, programming your GPS and other passengers can also be distractions
- Take frequent breaks and share the driving with other passengers. Remember drowsy driving is just as dangerous as drunk driving

For more tips on staying safe during the summer, visit the following websites:

- <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/Sun-and-Water-Safety-Tips.aspx>
- <http://www.nationalwatersafetymonth.org/water-safety-tips>
- http://www.ots.ca.gov/OTS_and_Traffic_Safety/Traffic_Safety_Tips/summer_driving_tips.asp

The Army Teen Panel Update

Article written by Bryan S.

The Army Teen Panel had it's annual meeting earlier this year in San Antonio, Texas. The panel is composed of an Army Reserve representative, two National Guard representatives, representatives from the Atlantic, Pacific, Central and European Regions, as well as representatives from Retired families. Ms. Kimberly Webb and I gave a presentation about the Army Reserve Teen Panel, the Chain of Communication, the working groups we have established as well as the top issues we have developed. We received a public speaking lesson that gave us tips on managing nervousness and gaining control. USAA sponsored the Army Teen Panel meeting, so we had the opportunity to visit the USAA campus. A financial counselor delivered a personal finance presentation and gave us a tour of their campus.



As a panel we spent many hours discussing the top issues from the Army Reserve, National Guard, Wounded Warriors and Regional Youth Leadership Forums. We narrowed the top issues down to four and developed recommendations for solutions for each issue. We briefed the issues to Lieutenant General Halverson, IMCOM Commanding General; Brigadier General Evans, Deputy Commanding General for Support; Colonel Love, Deputy and Chief of Staff, FMWR; and Mrs. Hoehne, Director, FMWR.. Our outbrief covered the highlights of our week as well as our four main issues. The first issue was Limited Jobs and Workforce Preparation Opportunities for Teens; the second was the lack of Army Wounded Warrior Teen Programs; and the third was the Voice of Army Youth on Non-Army Locations. The fourth and final issue, which was brought up from the Army Reserve Teen Panel, is Discrimination based on Dependent ID Cards. Senior Leadership believed that all of the issues were attainable, viable and would be acted upon. We ended our meeting by going to the San Antonio rodeo, where we were able to experience some Texas culture. Our February meeting was very productive and I look forward to representing the Army Reserve at our next meeting.

Transitions and Resilience

Article written by: Garrett M.

Every teenager endures a process of transition from childhood to adulthood—or as some may view it: attainment of freedom. However, military teens have quite an advantage in facing the challenge of change. Children of Reservists in the Armed Forces are often familiar with the fluctuating dynamic of tension in a home. During a time of deployment, a Reserve family must adjust their civilian lifestyle, and often times the children must learn to cope with the change while surrounded by teens from civilian families—teens that cannot empathize.

While the challenges of adaptation sometimes feel impossible at the time, the obstacles of growing up in a Reserve family builds rich character in an individual. There is a reason why we are resilient. That resilience, in many respects, is the military child's reward for surviving the hardships of military life. Through all obstacles, we must remember that as the dependents of our country's greatest heroes, we have an advantage of character. As we progress into adulthood, we will be more prepared for the challenges it poses.

ARTP Members Support Yellow Ribbon

The mission of the Yellow Ribbon Reintegration Program is to promote the well-being of National Guard and Reserve members, their families and communities, by connecting them with resources throughout the deployment cycle. The Yellow Ribbon Reintegration Program connects Guard and Reserve Service members, their families and loved ones with local resources before, during, and after deployments, especially during the reintegration phase that continues well-beyond the Service members return home.

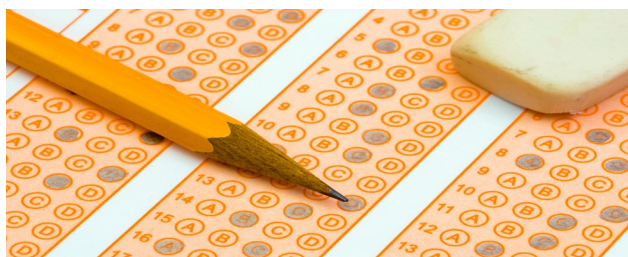


This summer, Teen Panel members will have the opportunity to volunteer at Yellow Ribbon events. The Panel Members will assist with staffing the CYSS marketing table, help facilitate energizers and team building activities with children and youth, participate in sessions on Teen Resilience Training, and share with teens opportunities available through CYSS. Check out the ARTP social media pages for photos and updates!

Study Tips for Standardized Tests

Article written by Mrs. Ty Beck

Standardized tests can be very stressful. The following tips will reduce your anxiety and enhance your performance:



BEFORE

- Spend time working through standardized test practice items for several weeks before your scheduled test date.
- Find out if there is a score penalty for wrong answers so that you will know whether you should guess at answers you don't know.
- Get a good night's sleep the evening before the test.
- Eat a healthy, protein-rich breakfast the morning of your test.
- Arrive at the testing facility a few minutes early. Relax your mind before the test begins.

DURING

- Read the instructions carefully.
- Read each question carefully, paying attention to details.
- Pay attention to time passing in relation to the time allotment.
- Don't get distracted by other testers in the room.
- If you come across a question that is difficult, don't spend all of your time on it. Move on and come back to it at the end.
- Don't second guess yourself by changing your first answers unless you are 100% certain.
- Don't fall into the trap of looking for patterns in the answers. There really can be three (or more) "C" answers in a row.

When you are finished, look closely to make sure that you haven't overlooked any questions.

Reference: <https://www.scholarships.com/resources/study-skills/standardized-testing/tips-for-taking-standardized-tests/>

ADDITIONAL STUDY SKILLS

Black-Red-Green Method helps to ensure every aspect of the question posed has been considered. You underline relevant parts of the question using three separate colors:

- ♦ **BLA**ck denotes **BLA**tant instructions, i.e. something that clearly must be done; a direct or obvious instruction.
- ♦ **RE**d is a **RE**ference Point or **RE**quired input of some kind, usually to do with definitions, terms, cited authors, theory, etc.
- ♦ **GRE**en denotes **GRE**mlins, which are subtle signals one might easily miss, or a **GREEN LIGHT** that gives a hint on how to proceed, or where to place emphasis in answers.

P.E.E. Method means point, evidence, and explain. This helps break down exam questions

Memorization is the process of committing something to memory, such as rehearsal or rote learning.

PQRST Method can be used for reading and listening.

- ♦ **Preview**: look at the topic to be learned by glancing at major headings
- ♦ **Question**: form questions to be answered following a thorough examination of the topic
- ♦ **Read**: read through the related material, focusing on information that best relates to the questions formulated earlier
- ♦ **Summary**: summarize the topic bringing your own understanding into the process (notes, diagrams, or mnemonics)
- ♦ **Test**: answer the questions drafted earlier avoiding any questions that might distract or change the subject

Flashcards are visual cues on cards that have the advantage of allowing you to re-order them, pick a selection to read over, or choose randomly for self testing.

Outlines show keywords and definition and relations, usually in a tree structure.

Spider Diagrams can be useful for planning essays and essay responses in exams. They give a visual summary of a topic in logical structure.

Reference: http://en.wikipedia.org/wiki/Study_skills

ARTP Word Search

G	E	M	X	Y	L	R	X	U	T	Y	O	C	X	R
K	N	S	C	N	H	L	M	W	T	U	L	I	Y	V
C	T	I	M	E	M	A	N	A	G	E	M	E	N	T
O	W	L	N	R	S	N	B	L	H	E	G	W	A	S
M	R	A	W	R	W	Z	J	P	I	N	V	L	R	D
M	L	N	T	M	A	V	X	H	I	B	E	S	Y	E
U	P	O	T	D	U	E	W	Y	R	A	H	L	O	K
N	G	I	V	M	Y	R	L	W	D	Y	K	K	X	R
I	X	S	Q	P	Y	L	O	E	A	D	W	E	Q	O
C	T	S	G	N	U	U	R	F	C	K	A	D	M	W
A	U	E	Y	B	X	S	A	K	N	I	B	J	R	M
T	T	F	E	U	H	P	E	G	S	E	V	S	B	A
I	O	O	W	I	S	T	R	E	S	S	E	R	I	E
O	R	R	P	Q	D	M	H	S	J	J	S	T	E	T
N	H	P	S	Y	A	D	Y	L	I	M	A	F	L	S

AFAP

Communication

Family Days

Service Learning

Teen Forum

YLEAD

Bullying

Leadership

Stress

Time Management

Professionalism

Teamwork

Tutor



CALLING ALL TEENS



The Army Reserve Teen Panel Needs You!

Who is ARTP?

The Army Reserve Teen Panel is a group of Army Reserve Teens dedicated to representing and supporting all Army Reserve Youth globally.

Goal

To publish a book written by teens for teens, that addresses the struggles faced by Army Reserve youth and of how AR teens have overcome those struggles.

Topics

Topics for book entries:

- Dealing with Deployment, Mobilization, and Reintegration
- Experiences with relocating (in the states and/or overseas)
- Living with a wounded warrior (including PTSD and TBI)
- Life as a survivor of a fallen soldier
- Impact that Army Reserve events and programs have had on you as a teen

Submitting

Please submit all entries through the Army Reserve Teen Panel Facebook page (www.facebook.com/arteenpanel) by attaching your document in a private message, or email your document to: help@fortfamily.org.



ARTP Community Outreach @ Stop Hunger Now
Raleigh, NC 2014

WE NEED YOU!

Dear Army Reserve Youth,

The Army Reserve Teen Panel (ARTP) is looking for help from all Army Reserve Teens and Young Adults! This year, the ARTP has taken on the task of composing, designing, and publishing a book written by Army Reserve teens for Army Reserve teens. We also hope that this book can be used to help educate parents, teachers, and school counselors on the life style that Army Reserve teens live. In this book, we are looking for life and everything that comes with it. Life is very broad and hard to limit, and we hope that this book will not limit it. Along with written pieces we are looking for artwork, photos, poems, comics, etc... anything that you can use to express yourself. Please contact us with any questions you may have.

Sincerely,

The Army Reserve Teen Panel

** The Parental Consent form must be signed and returned with your work prior to publishing. Only your first name will be published for your protection.*

Contact Information:

Please email any questions you have to:

Bethany Piehl
ARTP Junior Advisor
arteenpanel@gmail.com

Ann Nacino
ARTP CYSS Staff Advisor, Odyssey-TCI contractor
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For more information on ARTP, feel free to contact the Adult Advisors:



West Coast Region & Lead Advisor

Mrs. Ann Nacino
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Contact Mrs. Nacino for assistance with:

- Command/Unit Support
- Weekend Events and Activities
- Child Care Resources
- Youth Programming
- Teen Council



Midwest Region Advisor

Mr. Matthew Mundy
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416th TEC
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Contact Mr. Mundy for assistance with:

- Command/Unit Support
- Weekend Events and Activities
- Child Care Resources
- Youth Programming
- Teen Council



Southeast Region Advisor

Ms. Kimberly Webb
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Contact Ms. Webb for assistance with:

- Command/Unit Support
- Weekend Events and Activities
- Child Care Resources
- Youth Programming
- Teen Council



Northeast Region Advisor

Ms. Ty Beck
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316th ESC
99 Soldiers Ln.
Coraopolis, PA 15108
Phone: (412)604-8202
Email: Tykisha.m.beck.ctr@mail.mil

Contact Ms. Beck for assistance with:

- Command/Unit Support
- Educational Events and Activities
- Scholarship Information
- College Prep
- Academic/Tutoring Resources
- School Support Services

**ARMY RESERVE TEEN
PANEL MISSION**

To foster communication between
Army Reserve teens and Army
Reserve leadership on issues facing
youth in today's society.

Like Us, Follow Us, Watch Us



www.facebook.com/ARteenpanel

www.twitter.com/ar_teenpanel

www.instagram.com/user/AR_teenpanel

